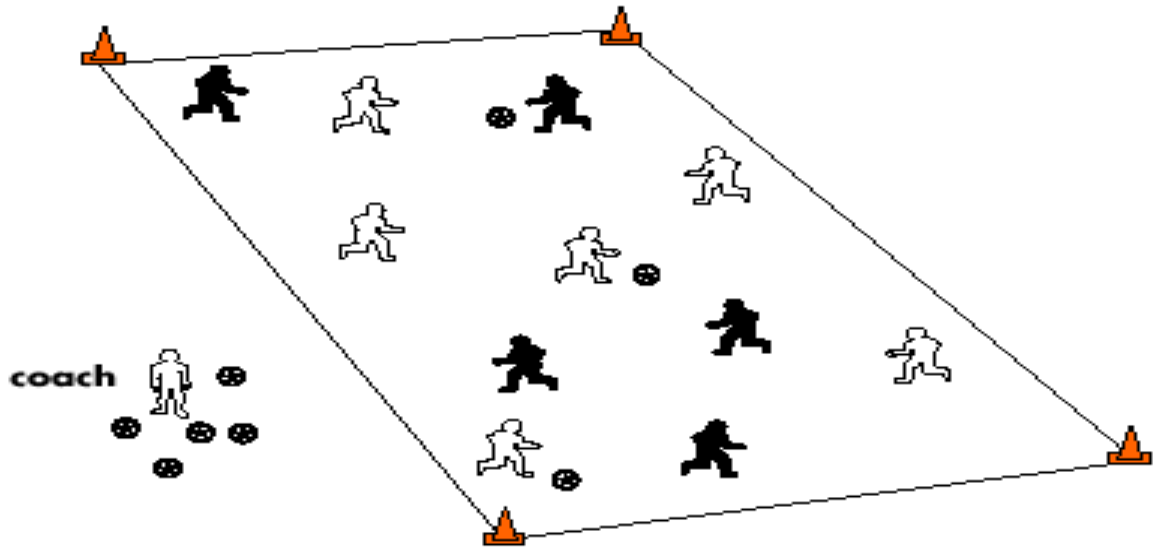


Three Ball Keep-Away



Introduction

Being in control is the key to being successful in soccer and in life. This activity will help your kids learn to control themselves on the field, as well as teach them some of the skills that will help them make smart decisions off the field.

The Game

1. Start with two teams of equal number and three soccer balls.
2. On signal, players try to possess as many balls as possible.
3. On the coach's command, play stops and the team in possession of two or more balls wins that round.
4. Play several rounds.

Coaching Points

1. Players must use the skills of passing and dribbling to keep possession. They must also make decisions on where to run when they don't have the ball, when to pass or dribble and to whom to pass.
2. Encourage players to hold the ball against pressure. Many players, when faced with pressure from opponents, will just kick the ball away. If a player does decide to pass, it must be to another player.

Variations

1. Each player must hold the ball for a minimum of five touches before passing. This will force more dribbling and shielding of the ball.
2. Each player has only two or three touches. This will force more passing of the ball.
3. Players may only use their "good" foot.
4. Players may only use their "weak" foot. (Help players remember which foot they're using by pushing one sock down.)

Activity adapted from Centers for Disease Control & Prevention's Smoke Free Soccer Coach's Manual. For more information on Tobacco Free Sports please contact the Kansas Department of Health & Environment's Tobacco Use Prevention Program at tobacco@kdhe.state.ks.us or 877.602.0368.